Strawberries and Bananas

Many restaurants serve a strawberry and banana glaze dish for dessert. The glaze often uses gluten as a thickener. Servers and cooks won't know. They take it out of a plastic bag that is only labeled with the manufacturer's name and address. A safe version can be made at home. If a glaze is desired, use gluten free jelly or jam. Lightly heat the jelly or jam in a microwave safe bowl before pouring it onto the fruit. Whipped topping can be added to strawberries and bananas. They can top gluten and lactose free ice cream for a summer treat.

Pre Cook Preparation:
A. Timer set to the time to begin preparation

Meal Adaptations:
Physical Accommodations:
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:
Easily identifiable labeled ingredients
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
Bananas (diverticulitis, fructose)
Jam (diverticulitis, fructose, gluten)
Jelly (diverticulitis, fructose, gluten)
Strawberries (diverticulitis, fructose)

Meatless Preparation Avoid:
Substitute with: _____

Utensils:
1 Mixing bowl
Microwave safe cup
Spoon
Pan: Microwave safe bowl

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup of sliced bananas
1 cup of sliced strawberries
Optional:
2 tablespoons of jam, or
2 tablespoons of jelly

Preparation time: 10 minutes

Preparation:

1. **Wash and carefully slice strawberries.**
2. **Slice bananas.**
3. **Arrange in a bowl.**
4. **Optionally warm 2 tablespoons of jam or jelly in a microwave safe cup for 20 seconds.**
5. **Pour over bananas and strawberries.**
6. **Add whipped cream if desired.**

Cook Temperature: None

Cook Time: None

Servings: 2

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.